



The Island Vegetarian

Vegetarian Society of Hawaii Quarterly Newsletter

SUPPORTING HUMAN HEALTH, ANIMAL RIGHTS, AND THE ENVIRONMENT

VOL. 17, ISSUE 3, JUL – SEP 2006

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Ala Wai Golf Course Clubhouse

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for more information
and for Maui meeting dates.**

VSH membership milestone reached

2000th member honored

A milestone in the Society's history was reached in June, when the 2000th paid member was enrolled.

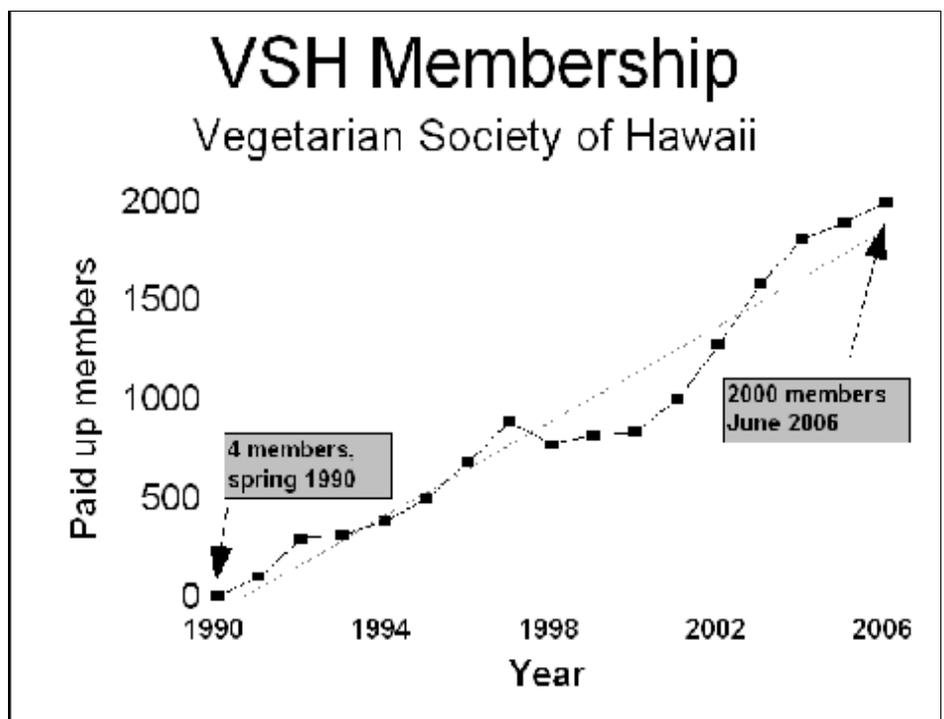
From its humble beginnings in 1990 when just four diehard vegetarians called themselves VSH members, the Society has grown phenomenally to rank among the largest vegetarian associations in the world.

Katherine Galang of Kapolei was the lucky number 2000. She was presented with a free five-year VSH membership and a \$100 gift certificate from Huckleberry Farms Natural Foods.

Congratulations, Katherine, and thank you for your support.



Katherine Galang,
2000th member





PRESIDENT'S MESSAGE

by Alida Rutchick, M.Ed.

Annual report

The Island Vegetarian

The Island Vegetarian is published quarterly by and for the members of the Vegetarian Society of Hawaii
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Visit our website for restaurant guide, TV and meeting schedules, newsletter archives, and more.

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William Harris, M.D.
Alida Rutchick, M.Ed.

Mahalo
to all our volunteers!

The opinions expressed in this newsletter are those of the writers and do not necessarily reflect those of the Vegetarian Society of Hawaii.

Greetings.

As we begin another Board term, we thank Dr. Bill Harris for agreeing to add the duties of recording secretary to the numerous services he performs for our organization. Our many thanks go to Mary Arakaki, R.D., outgoing secretary, for her many years of work for VSH and the vegetarian cause as well as for her anticipated many *more* years working at the Castle Center for Health Promotion and in her other related activities. For those who were unable to attend our recent membership meeting, here is the gist of the annual report:

- Membership reached 1947 on May 5th, and we passed the 2000 mark on June 9th.
- Much of our growth is due to the efforts of our publicity function, covered by VP Jim Brown and founding Board member Dr. Bill Harris as well as to the high profile speakers arranged also by Jim with the help of Dr. Karl Seff.
- As we bring in more speakers from farther distances, we inevitably use more of our budgeted funds. Our sources of funding consist primarily of membership dues, which bring in approximately \$33,000 annually. Another source is NALITH, an organization based in Florida that grants us approximately \$2,000 a year to help cover meeting expenses, which are primarily travel costs of the speakers we invite. Lastly, tax deductible donations totaled a little over \$3,000 in 2005, representing approximately 8% of our annual revenues.
- Expenses. We typically spend approximately the amount that we take in; our expenses include our paid bookkeeper, mailing the quarterly newsletter, publicity, office supplies, computer equipment and maintenance, and the like.
- Balance: Currently we have somewhere over \$15,000 in the VSH checking account, down from \$19,500 at this time last year. One reason for the decrease is that for the past year or so we have been unable to send out our semi-annual fund raiser letter because of a lack of volunteer participation. Also, we've had a few one-time expenses, such as \$2,000 for TV advertising initially purchased with our reserves.
- We also have investments valued at somewhere over 19,500. These were initially paid from reserves (that is, the checking account) and from a \$10,000 bequest by a VSH member. The value of these has increased by about 21% over the past two years.
- Two years ago some of you may recall that we closed the rented VSH office in Puck's Alley on University Avenue. We realized that we had been using the office primarily for storage and related activities such as drop-off and

(See **Annual report** on page 3)

(Annual report *from page 2*)

pick-up, and after much discussion we made the decision that a storage area would serve us as well and at a considerably lower rental cost. We've had about two years to assess this, and I'm happy to say that we feel that the decision was the right one. We earmarked the saved funds—approximately \$350 a month—for additional advertising to help us reach even more members of our community.

- Goals. Our financial goals include a part time executive director, and some of us even envision office space that we would own that would serve as a center and gathering place for vegetarian education.
- So while we are holding our own on a monthly basis, to expand and improve our services, we hope to increase our reserves by increasing membership and contributions—and, of course, VSH T-shirt sales. These are a great bargain at \$10.
- Volunteers. Many of you have heard our numerous calls for volunteer participation—maybe more times than you'd like. I can't stress enough, however, how critical it is that more people become involved in a substantive way with the operation and decision-making of this organization. I have estimated the average age of the 7 current Board members to be 62 and the average length of active service with VSH to be over 8 years—and some have served on the Board for 15 or more years. Usually well over 100 people hear our monthly speakers, we print 1600 newsletters each quarter, and countless others enjoy other benefits of VSH membership, such as the TV show. Our volunteer numbers, however, are about the same as when we had 35 members.
- And while I believe that all of us continue to have a high level of commitment and dedication to our organization and its causes, nothing lasts forever, and clearly our movement would benefit by an infusion of ideas from new people who will carry the banner forward—to reach different groups such as schools and to plan different programs and approaches.
- Frequently people come up to us to tell us their suggestions for different ways of doing things, and most of them are really good ideas—but they are ideas that require someone to carry out. Our present volunteers, who consist of the seven Board members and four or five other people, most of whom are on Maui, are already doing all that they are able to do. Several have full time jobs in addition to their work for VSH, and others are already putting in many hours a week—one I know works over 40 hours a week for VSH—all without compensation.
- There are numerous volunteer opportunities for our members—we could use a spokesperson to represent us in the media, someone to procure, develop, and evaluate educational materials, someone to spearhead tabling and other outreach events, and any number of people to do smaller, *ad hoc* types of tasks such as serving as a greeter at a meeting, perhaps with an eye to testing the waters of further VSH involvement. It's easy—just speak with one of the Board members after the program, call VSH, or write to us.

Note: VSH member Cindy Bauer has accepted the challenge of recruiting and mentoring new volunteers (Mahalo, Cindy!).

Until next time,

Aida

Letter to the editor

Mutts an inspiration

A couple of days before returning home to the San Francisco area after my last trip to Oahu I discovered, to my surprise and delight that VSH existed! I immediately joined and was filled with enthusiasm by your creative activities, adding one more strand of connection with this lovely island (I'm an islander, too—a native of Havana, Cuba).

I'm back in Honolulu but will unfortunately have to miss Patrick McDonnell's presentation—one of my heroes and my favorite cartoonist, whose "Mutts" I've clipped for my grandchildren since they were little. Perhaps "Mutts" contributed to my granddaughter's decision to become a vegetarian at age ten. That was a decade ago and she has grown up to be a healthy, strong, and athletic young woman, never wavering in her decision. "I never eat anything that has a face," she cheerfully tells her friends when questioned about her vegetarianism.

Elena E. Maroth
San Francisco

Food without thought

by William Harris, MD
VSH founding board member



Minneapolis, Minnesota is not a likely locale for an assault on U.S. Farm Policy, but the Institute for Agriculture and Trade Policy (IATP) calls that home base. Here are a few excerpts from *Food without Thought: How U.S. Farm Policy Contributes to Obesity*, by Heather Schoonover and Mark Muller:

“Anyone who has picked up a newspaper in the past year is well aware that Americans are getting larger. Both the incidence and the financial costs of obesity have skyrocketed in recent years. The reason that unhealthy foods tend to be less expensive than healthy foods such as fresh fruits and vegetables has much to do with American farm policy. The low cost of supported commodities like corn and soybeans make sugars and fats some of the

cheapest food substances to produce. Intentionally or not, current farm policy has directed food industry investment into producing low cost, processed foods high in added fats and sugars. The ability of fast food restaurants to put hamburgers on the 99¢ value menu can also be linked to cheap commodities. Corn and soybeans are

not only used directly in processed food products but also fed to the animals that later appear as a chicken sandwich or a Big Mac®. Animal feed in the form of soy meal has the added benefit of producing soy oil as a by-product—thereby contributing not only to the burger, but also to the fries that accompany it. Our misguided farm policy is making poor eating habits an economically sensible choice in the short

term.”

with a corn product can represent a substantial cost savings to food manufacturers. Coke and Pepsi saved 20 percent of their sweetener costs when they switched from a 50-50 blend of sugar and corn syrup to 100 percent HFCS in the early ‘80s.”

“Public health is not the only loser in the current food system. Farmers have been devastated by an agricultural system that favors low value bulk commodities over higher value food crops. U.S. consumers are increasingly reliant

By keeping the cost of corn and soybeans artificially low, U.S. farm policy provides an indirect subsidy to grain-fed livestock.

on imports of high value produce crops, while our farmers struggle to remain viable producing low value grains and oilseeds. Smaller and more diversified farmers are being forced out of agriculture by policies that encourage larger industrialized

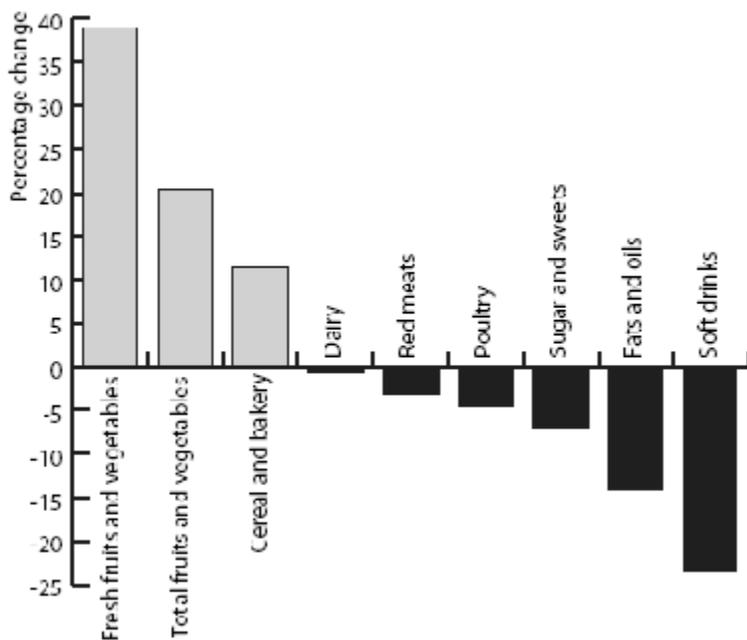
farming operations. While the amount of land planted with the eight major farm program crops has remained relatively constant since 1950, the number of farms has declined by more than 3.5 million—meaning that farms are getting larger.”

“HFCS (high fructose corn syrup) is especially economical as a sugar substitute. Sugar is one of the few commodities for which a government price support program still exists (that is, the government keeps the price of sugar artificially high)...so replacing sugar

“Distorted markets reduce demand for produce crops. Government support for grain and oilseed crops comes in many forms, from money invested in public universities and government agencies to research such crops, to subsidy payments that make up for low prices, to continued promises of increased export markets for these crops. Produce crops, in contrast, receive a much smaller level of government support and risk management. While a farmer might generate a higher return in the marketplace for crops such as vegetables, lack of government support for these crops—especially when weighed against support for commodity crops—makes growing vegetables a much

(Continued on page 5)

Change in food prices, 1985–2000 (real dollars)



Source: USDA ERS FoodReview, Vol. 25, Issue 3. Converted to real dollars.

(continued from page 4)

riskier proposition.”

“By keeping the cost of corn and soybeans artificially low, U.S. farm policy provides an indirect subsidy to grain-fed livestock in what are called concentrated animal feeding operations, or CAFOs. The crowded conditions for livestock raised in CAFOs increase the risk of disease, often leading to the use of subtherapeutic antibiotics in their feed along with growth-enhancing hormones.”

“The primary beneficiaries of cheap commodities are food processors, manufacturers, and retailers. As mentioned above, cheap inputs—in the form of added fats and sugars—mean lower production costs. From this perspective it makes sense that highly processed food products are so ubiquitous, as these generate the most profit for the food companies, retailers, and others involved in the food production chain. It is also no wonder that food companies spend such large sums of money advertising these products. The USDA’s \$333 million budget for nutrition education can hardly compete with the billions of dollars the food industry spends advertising the very products nutritionists are telling us to avoid. In the U.S. alone Pepsi spent over \$1.2 billion on advertising in 2003.”

“The fact that less healthy foods tend to be cheaper than healthier ones means that people are more likely to make unhealthy food purchases. Those concerned about public health and those concerned about farmers and rural communities are facing many of the

Election results are in

The slate of directors that appeared on the election ballot for the 2006-2008 term was approved by our vegetarian membership nearly unanimously.

Mahalo to those who participated in this process!

same challenges. In one study a 50 percent reduction in the cafeteria price of fruit and salad led to a four-fold increase in sales. When these foods’ prices were raised back to their original levels, sales went back down.”

Nothing at the IATP site indicates that these young writers are vegetarian, but what they say fully supports what many vegetarian writers have been saying for years, that USDA support policies are a major cause of disease in the U.S. Primary references are omitted here, but the downloaded PDF file at www.iatp.org/iatp/publications.cfm?accountID=421&refID=80627 includes 45 of them, mostly from government and peer-reviewed publications.

These authors seem to suggest that the USDA should give more support to produce crops, but perhaps a more effective approach would be to just get the government out of agricultural finances altogether and leave food production to the free market. A new Farm Bill is due in 2007.

Stay tuned.

Alicia Silverstone speaks vegetarian

“Since I’ve gone vegetarian, my body has never felt better and my taste buds have been opened up to a whole new world. It’s one of the most rewarding choices I’ve ever made and I invite you to join me in living a healthy, cruelty-free lifestyle.”

Source: Peta.com



Food trends

U.S. food consumption

Statistics about U.S. food consumption show that we consume a lot of unhealthy foods. For example:

- As a country we spend over half of every food dollar on ready-prepared, ready-to-eat food—most of which is high in added fats and sugars.
- Processed grocery foods, frozen foods, and baked goods represented over 40 percent of supermarket sales in 2000, while produce claimed only 9 percent.
- On any given day about a quarter of U.S. adults eat at a fast food restaurant, contributing to the \$110 billion we spend at such outlets each year.
- U.S. consumption of high fructose corn syrup—an added sugar—increased over 1,000 percent in the last 30 years.
- U.S. consumption of added fats shot up more than 35 percent in that same time period.
- The average American consumes over 50 gallons of carbonated soft drinks a year.
- Nearly one-third of our Calories come from junk food.

Even the “healthy” foods we eat are not all that healthy. A full one-third of U.S. vegetable consumption consists of frozen potatoes (mostly french fries), potato chips, and iceberg lettuce. Nearly all of the grain we eat is refined grain rather than whole grain recommended by USDA.

Excerpted from:

Food without thought:

How U.S. farm policy contributes to obesity

by Heather Schoonover and Mark Muller of The Institute for Agriculture and Trade Policy.

www.iatp.org

March 2006

Why pay more for fairness?

by Peter Singer

Marks & Spencer, a supermarket and clothing chain with 400 stores throughout Britain, recently announced that it is converting its entire range of coffee and tea, totaling 38 lines, to Fairtrade, a marketing symbol of “ethical production.” The chain already sells only Fairtrade tea and coffee in its 200 Café Revive coffee shops. It is also boosting its purchases of shirts and other goods made with Fairtrade cotton. The announcement came during “Fairtrade Fortnight,” a two-week promotion of Fairtrade products that included speaking tours by farmers from developing countries telling Britons how Fairtrade has assisted their communities.



The movement toward more ethical consumption has made significant gains in the United States as well, as consumers increasingly turn to organic, locally produced foods and eggs from hens not kept in cages. In the UK a survey has found that half of those shown the Fairtrade symbol recognized it and understood that it refers to products that give a better deal for Third World farmers. There is no comparable U.S. research, but related data and discussions with my own students suggest that the figure would be much lower [here].

Traders seeking Fairtrade certification must pay producers a price that covers the costs of sustainable production and provides a living wage. For example, the minimum price for coffee is \$1.26 per pound,

no matter how low the market price may fall. If the market price rises above that figure, the fair trade price will increase so that it remains five cents per pound higher.

Small farmers, for their part, are required to be organized in cooperatives or other groups that allow democratic participation. Plantations and factories can use the Fairtrade label if they pay their workers decent wages, comply with health, safety, and environmental standards, allow unions or other forms of workers’ associations [to exist], provide good housing if workers are not living at home, and do not use child labor or forced labor.

Not every one approves of Fairtrade. Brink Lindsey, director of the pro-market Cato Institute’s Center for Trade Policy Studies, believes that the campaign for Fairtrade coffee is a “well-meaning dead end.” With some justification he argues that the real cause of the fall in coffee prices was not the profiteering of multinationals, but big increases in coffee production in Brazil and Vietnam combined with new techniques that make it possible to grow coffee with less labor—hence, more cheaply.

In Lindsey’s view, if we want to assist coffee growers, we should encourage them either to abandon coffee and produce more profitable crops—and here he rightly points to rich nations’ trade barriers and subsidies as obstacles that must be dismantled—or to move into higher-value products, like specialty coffees, that bring higher prices.

What is curious about Lindsey’s argument, however, is that the Fairtrade coffee campaign can be seen as

doing just what he recommends—encouraging coffee farmers to produce a specialty coffee that brings a higher price. Pro-market economists

If people want to pay \$48 for a pound of Jamaican Blue Mountain coffee because that’s what James Bond prefers, economists don’t object that the market is being distorted.

don’t object to corporations that blatantly use snob appeal to promote their products. If people want to pay \$48 for a pound of Jamaican Blue Mountain coffee because that’s what James Bond prefers, economists don’t object that

the market is being distorted. So why be critical when consumers choose to pay \$12 for a pound of coffee that

(Continued on next page)

ANIMAL RIGHTS
2006
NATIONAL
CONFERENCE
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arconference.org

(Continued from previous page)

they know has been grown without toxic chemicals, under shade trees that help birds to survive, and by farmers who can now afford to feed and educate their children?

Economists might reply that if you want to help people feed and educate their children, you can pay \$10 for a pound of non-Fairtrade coffee that tastes the same and give the \$2 you save to an aid agency that provides food and education to poor children.

That's a possible strategy, but there are advantages to Fairtrade. The growers know that they have to provide a product that consumers like, both for its taste and for the way it is grown. If their product sells well, they can take pride in having produced something that is sought after around the world. From the growers' perspective, receiving a premium by selling a Fairtrade product is preferable to receiving a charitable handout that they would get whether they worked or not and regardless of the quality of what they produce.

Paying more for a Fairtrade label is no more "anti-market" than paying more for a Gucci label, and it reflects better ethical priorities. Fairtrade is not a government subsidy. Its success depends on market demand, not political lobbying. Fortunately, in Europe that market demand is growing rapidly. One hopes that it will soon reach similar levels throughout the developed

world and wherever people can make choices about their discretionary spending.

Peter Singer is Professor of Bioethics at Princeton University. His recent books include Writings on an Ethical Life, One World, and "The Way We Eat: Why Our Food Choices Matter."

Professor Singer was the VSH meeting speaker in September 2001.

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Chicago Bans Sale of Foie Gras

In an historic move in April, the Chicago City Council banned the sale of cruel foie gras within city limits! The passing of this humane proposal makes Chicago the first city in America to enact such a measure.

The vote and a recent poll by Zogby reveal that an overwhelming 79% of Chicagoans agree that foie gras production should be banned. This legislation will have repercussions across the country. It is a triumph for farm animals everywhere and the individuals who advocate on their behalf.

Additional information about foie gras can be found at NoFoieGras.org.

This following was published as a letter to the editor in the Star-Bulletin on April 15.

Ham and lamb send hypocritical message

I can't help but point out the glaring conceptual contradiction in your April 12th feature article, "Lamb and ham for Easter." In the first paragraph the writer stated, "Easter is the province of two classic centerpieces: ham and lamb. Both dishes symbolize springtime and the emergence of new life."

Really? New life?

Isn't this an irony that in a celebration supposedly extolling new life, rebirth, and resurrection, lambs and pigs are mercilessly slaughtered for the holiday feast? How can we forget about the adorable pig "Babe," which was such a hit, both in book and movie form? How could one want to eat his brothers and sisters? Or prey upon a poor innocent lamb (literally)?

Wouldn't it be more appropriate and compassionate to celebrate this holiday with papayas and the first mangos of the season, our own native fruits, full of fragrance and the elixir of life?

Eva Uran, Kaneohe



"Sylvia," by Nicole Hollander, appears daily in The Honolulu Advertiser. Reprinted with permission.

www.nicolehollander.com

MEET OUR MEMBERS

SYLVIA THOMPSON



If you asked Sylvia Thompson to cook a vegan meal for you a year ago, she probably would've obliged. But recommend to her that she should start a food business and she would've instantly declined. Instead, she started her own real estate company. Last year, however, at a stop in New York with her husband Pete on the way to Bermuda they dined at a raw food restaurant, Pure Food and Wine.



Sylvia Thompson

"That's when the lights went on," Sylvia said. "Each bite was so vibrant, I didn't even think about it being raw—and when the dessert came, I had to ask if it was vegan." That first experience at a raw food restaurant made a lasting impression on her, even more than the two vegan dinners several nights before at Daniel's and the one at Alain DuCasse, both highly-rated French restaurants.

"We're so spoiled," Thompson admits. "We've dined at almost all of the three Michelin-star (highest rated) restaurants in Paris, Cham-

pagne, and Burgundy, France. We used to bring take-out from Alan Wong's, L'Uraku, and Sasabune and share it with our friends in the back of 'Studio Six' at the Musician's Union on Waimanu Street. The jazz musicians there called us the 'tailgaters.'"

But when Pete had his heart attack two days after Thanksgiving 2003 and lay in the hospital waiting for a stent to be put into his blocked artery, he vowed he would never be hospitalized again.

"Our friend Becky Woodland visited Pete in the hospital and gave

We wanted to show the 50 participants that eating vegan doesn't mean boring steamed veggies, veggie sticks, and mock this or that made of soy products.

him a copy of Dr. Dean Ornish's book, *Reversing Heart Disease*, and one of her own, *The Blonde Vegetarian* cookbook. As she herself was recovering from cancer, she had tried and revised

vegan recipes that made her feel great almost immediately. Then after using them to help reverse multiple blockages in her ex-husband's heart, she assembled them into a cookbook. Pete called and told me that we should check out those vegan recipes."

Sylvia recounts, "I wasn't sure

my cooking would ever be tasty enough for either of us. So I took copies of Becky's and Ornish's books to Alan Wong, Hiroshi Fukui, Russell Siu, and Doug Lum and asked them to create vegan meals for us. They've done a great job—all of them. But, comes a time when you have to cook for yourself.

"The raw food recipes excite me the most. I've been able to reclaim the taste of cheese (like cheddar), made of mac-nuts, which may actually help you loose weight. It's also fun creating recipes like the Flaxseed Crisps that we put the 'cheese' on along with marinated red onions.

"Becky and I were so inspired after eating an awesome raw (vegan) lemon 'cheesecake' in San Francisco



Becky Woodland

that we enrolled in the Living Light Culinary Institute to become certified 'raw' chef/instructors. Becky later made lemon cheesecakes for her wedding.

"We would meet up with Becky and her new husband Chuck two or three times a week at various jazz venues. We could be spotted with bags tucked under the table—then, all of a sudden, there's food on the table. I even brought a rice cooker and brown basmati rice to Bermuda and made veggie stir fry in the rice cooker to eat at a banquet."

So what made her decide to go

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into business?

“Last year Pete and I took the Coronary Health Improvement Program (CHIP) and experienced remarkable health results without the use of drugs. I noticed, though, that the program needed help in the food department and volunteered to cook for the month-long seminar. I asked Becky to help, and she was game. We wanted to show the 50 participants that eating vegan doesn't mean boring steamed veggies, veggie sticks, and mock this or that made of soy products. It was a great dry run for both of Becky's wedding receptions.

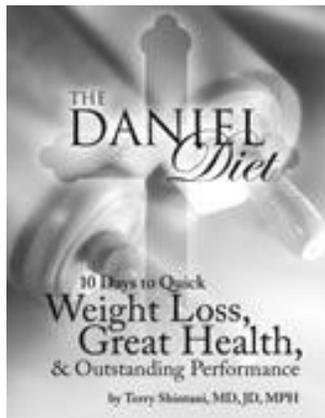
“After those receptions, Licious Dishes was born. We want to make our vegan foods accessible to people. We'll prepare a weekly menu and have people pre-pay. They pick up the pre-made entrees and the most they have to do is cook the noodles or rice or throw the entree in a pot and stir. We do all the shopping, chopping and mopping.”

For information about Licious Dishes: email Sylvia@sunriserealtyhawaii.com or call 753-0050.

Terry Shintani, MD, JD, MPH has developed a new website with a biblical perspective on his well-known diet. It emphasizes his latest book entitled *The Daniel Diet: Ten days to*



quick weight loss, great health, and outstanding performance. Check it out at eBibleDiet.org



A Visit to Portland's Veg Society

by Karl Seff, Ph.D.
VSH Board member

At the end of March I had lunch at The Blossoming Lotus* in downtown Portland, Oregon with Charley Kornis, president of



Northwest Veg, Portland's vegetarian society. Vegetarian societies in North America are entirely independent, each homegrown, and big differences are to be expected among them.

NWVeg grew from EarthSave, so its environmental and animal rights arms are the strongest; there are no health professionals among the eight members of its board. They have about 220 members now with about 100 more on their e-list.

NWVeg had just completed a very successful Second Annual Portland VegFest, “A Compassionate Living Fair,” all day on Saturday, March 18th; admission was \$5. It included five lectures (past VSH speakers George Eisman, R.D. gave two, and Howard Lyman one) and, running parallel with these, five food preparation demonstrations. Thirty booths staffed by local restaurants, bakeries, and stores passed out food samples. There were also information/literature tables and activities for children. The cooking demon-

strations were done by head chefs and bakers in town. Credited in the program with an enthusiastic sentence or two was each participating restaurant or bakery. Some of their names were: “Dave's Killer Bread,” “Follow Your Heart,” “Livin' Spoonful,” and “Wholesoy & Co.” About 1,000 people attended!

Charlie said that about two new vegetarian restaurants open each year there. Portland has a vegan bakery, a vegan grocery, and “Food Fight,” a vegan convenience store. A downtown cart called “Earthbound Vegan” sells cold and grilled sandwiches. NWVeg's Dining Guide lists 43 restaurants and eight veg or veg-friendly markets. I particularly enjoyed “Sweet Tomatoes,” a chain buffet restaurant with many raw or blanched vegan choices and an offer to sign up for their own veg club and receive their latest news.

Would you like to e-visit Portland's vegetarian scene? Here's its website: nwveg.org.

* *The Blossoming Lotus has a second location on Kauai and is co-owned by Chef Mark Reinfeld, who will be giving a raw foods “uncooking” demonstration at the VSH meetings in July. See page 10 for details.*

ADA Expo to be held on Oahu

Thousands of dietitians will gather in Honolulu September 16th through the 19th for the 2006 American Dietetic Association's Food & Nutrition Conference & Expo at the Hawaii Convention Center. The Expo “will build on the islands' sense of community and bring together experts from a variety of areas to dialogue about the newest science and technology important to the dietetics profession.” Source: EatRight.org

American Dietetic Association
YOUR LINK TO NUTRITION AND HEALTH™



Vegetarian Society of Hawaii

Calendar of Events: July—September 2006

CHEF MARK REINFELD



“EATING LIVE: AN INTRODUCTION TO LIVE FOOD CUISINE”

**Wednesday, July 12, 7 p.m.
Ala Wai Golf Course
Clubhouse***

Meat award-winning chef Mark Reinfeld in an introduction to the basics of live food preparation. This “uncooking” class will cover the latest and most delicious techniques to create seed cheeses, pates, and parfaits.

Mark is co-owner of the internationally acclaimed Blossoming Lotus Restaurant on Kauai and is the 2006 recipient of the Platinum Carrot Award for Living Foods—a national award given by the Aspen Center of Integral Health to outstanding healthy gourmet chefs.

Chef Reinfeld received his initial culinary training in New York City and Southern California and developed a love for world culture and cuisine during an extended journey through Europe, Asia, and the Middle East.

His cookbook, *Vegan World Fusion Cuisine*, co-authored with Bo Rinaldi, is a culmination of years of travel, adventure, and reflection. It combines the beauty and wonders of nature with the cuisine and wisdom of the world’s cultures.

Chef Reinfeld will also be speaking on Maui: Mon., July 10, at 7 p.m., Cameron Center, 95 Mahalani St, Wailuku.

PAULETTE CHANDLER, MD, MPH



“STOP CANCER BEFORE IT STARTS”

**Wednesday, August 16, 7 p.m.
Ala Wai Golf Course
Clubhouse***

Eating right is a simple and delicious way to stay on the cancer-free road of good health. Learn how to harness the power of antioxidant and fiber-rich fruits, vegetables, grains, and legumes to nourish the body and equip it to combat cancer. Meals should boost the immune system and remove toxic waste from the body rather than sabotage the immune system and introduce clogging debris.

Dr. Chandler is a graduate of Princeton University, Duke Medical School, and Harvard School of Public Health. She practices internal medicine at Brigham and Women’s Hospital and teaches at Harvard Medical School. In addition she is director of Natural Healing Pathways, Inc., a nonprofit organization committed to providing a holistic approach to helping people with chronic diseases such as heart disease, cancer, diabetes, and obesity, uniting mind, body, and spirit in the treatment program.

Dr. Chandler will be giving two additional talks in Hawaii:

- **Maui - Tues., August 15, at 7 p.m., Cameron Center, 95 Mahalani St, Wailuku (“Truth or Dairy”)**
- **Oahu - Thurs., August 17, 7 p.m., Castle Medical Center, Kailua (“Healing Power of Kindness”) See page 12.**



CATHERINE CONWAY, M.S., R.D.

“EAT, DRINK, & BE MERRY”

Wednesday, September 13, 7 p.m., Ala Wai Golf Course Clubhouse*

Over-eating and over-reliance on comfort foods are typical ways that men and women attempt to manage stress. This can lead to excess weight and serious health problems. Vegetarians often mistakenly think they are exempt from these issues because of their lifestyle choices. This lecture will discuss the dangers of relying on comfort foods and offer alternative techniques for handling emotional eating.

Catherine Conway is a registered dietitian, certified dietitian/nutritionist, and a certified diabetes educator. She also has advanced certification in adult weight management and counseling skills and works as a consultant in weight management at New York University Medical Center and St. Vincent Hospital in New York City.

Ms. Conway is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association and a reviewer of the American Dietetic Association’s Position Paper on Vegetarian Diets. She was the recipient of the Vegetarian Nutrition Dietetic Practice Group Award of Excellence in Service and Leadership in 2004.

Ms. Conway will also be speaking on Maui: Tuesday, September 12, 7 p.m., Cameron Center, 95 Mahalani St, Wailuku.

***The Ala Wai Golf Course Clubhouse is located at 404 Kapahulu Ave., 0.2 miles behind the Waikiki-Kapahulu library. Lectures are FREE and open to the public. Donations are appreciated and tax-free. Call 944-VEGI or visit VSH.org for more info.**



More than 400 people attended talks by John McDougall, M.D. at three lectures in April.

Kabocha and soy were highlights of Chef Paul Onishi's cooking demonstrations in May.



VHS Events 2Q2006



Over 200 people learned of the hazards of dairy products at this lecture at the Ala Wai Golf Course clubhouse in April. Dr. McDougall also spoke at Castle Medical Center in Kailua and on Maui.



In June *Mutts* creator Patrick McDonnell gave an interesting and entertaining presentation that included impromptu drawing of some of the favorite *Mutts* characters.

Donate, Join, or Renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): _____

Street: _____

City: _____

State, Zip: _____

Home Phone: () _____

Work Phone: () _____

E-Mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member.

My dues are enclosed (add \$4 per year for a foreign address):

1 yr. 2 yrs. 3 yrs. 4 yrs. 5 yrs.

\$20 \$38 \$54 \$68 \$80

Regular
\$12 \$24 \$36 \$48 \$60

Full-time student
\$30 \$57 \$81 \$102 \$120

Couple or Family
Life membership \$400

\$_____ additional tax deductible donation

Please check one:

- Vegan (no animal products at all)
- Vegetarian (no flesh, fish, or fowl)
- Associate (not yet a vegetarian)

**SAVE
on Multi-Year
Memberships/
Renewals!**

Members receive a quarterly newsletter and discounts on products and services at vegetarian-friendly restaurants and health food stores.

Taiwan: an ideal destination for vegetarians

Part 1 of 2
by Scott Snarr
VSH member

Do you worry about having a hard time finding vegetarian or vegan food when you travel? That's something you'll never have to worry about if you visit Taiwan. I just spent my spring break in this bustling country of 23 million citizens squeezed onto an island roughly three and a half times the size of Hawaii's Big Island. It's relatively close to Hawaii and comparably cheaper. It also has a flourishing vegetarian movement.

You'll be delighted to discover the sheer number of vegetarian eateries strewn throughout the entire country. Whether in metropolitan Taipei or a small town in the countryside, you're never far from a meat-free place to eat. In an hour's walk around downtown Taichung I found about a dozen vegetarian restaurants and vendors. In remoter areas I could count on finding at least two or three. Some vegetarian restaurants display their signs proudly along the main streets attracting customers, while others sit quietly in back alleys awaiting passers-by. The trick to finding them is to memorize the Chinese characters *soo shih*. Wherever you see these writ-

ten on a sign, you'll know you have found a vegetarian establishment.

Taiwanese vegetarian cuisine is a mild form of Chinese cooking. Most dishes consist of tofu or cooked vegetables in a sweet or salty sauce with bits of fungus or morsels of vegetarian meat. You won't find any onions or garlic because, according to Buddhism, the mustard oils contained in them irritate one's internal organs and make it difficult to practice a spiritual life. Even the curry is mild. Instead, you can enjoy the subtler flavors of vegetables and sauces.

A visit to a buffet will give you a chance to sample a wide range of typical Taiwanese dishes, such as boiled cauliflower with mu-er (tree fungus), battered and deep-fried sweet potato or eggplant, broccoli cutlets with sliced mushroom and faux fish,

grated carrots with tofu skin, potato curry with carrots and veggie sausage, and scores of others. Sold by weight, a meal at a buffet typically costs between NT80-150 (U.S. \$2.50-\$4.50). Add your choice of brown rice for pennies more, and help yourself to the soup—it's free with your meal. Instead of broth, you'll find chunks of tofu, veggies, and mushrooms swimming in hot water flavored with seaweed.

Vegetarian restaurants typically sell a couple of items containing eggs, but it's easy to tell which ones have it—just avoid anything that looks like fried or scrambled eggs or mayonnaise. On the other hand, dairy is almost non-existent there.

Some food stands specialize in meat analogs. You'll be impressed (or perhaps a little disgusted) at how closely these veggie meats resemble their animal counterparts. Items include ham slices, sausage links, hot dogs, fish cakes, and pork spareribs.

Find a place open for breakfast, and you'll get to taste an entirely different array of delights. One place I visited offered a huge breakfast assortment with spring rolls, dumplings, and bau, a bun cake stuffed with veggies and fungi. I enjoyed a fried sesame ball with a red bean paste filling and a vegan stick-shaped pastry that tasted like a doughnut.

Vegetarian eateries are so ubiquitous in Taiwan that you'll never need to eat anywhere else. However, if you



A typical vegetarian buffet. This one also sells noni juice.



A breakfast buffet in Tainan.



These are the Chinese characters for "vegetarian food."

find yourself at a shop that serves meat, chances are they'll have something for vegetarians on their menu and will be happy to accommodate you. For breakfast at my hotel the staff served me rice porridge, pickles, kelp with sesame, cabbage stir-fry, roasted peanuts, and—at my request—an extra portion of fresh cut fruits.

Part 2 of this article will appear in the next issue of The Island Vegetarian.

Ask Dr. Bill



by William Harris, M.D.

“I was recently looking at the ingredients in Jif and Skippy peanut butter, and both listed partially-hydrogenated oil. However, the amount of Trans Fats listed was zero. What’s the deal?”

Here’s the answer straight from the horse’s mouth—the U.S. Food and Drug Administration (FDA):

“Food manufacturers are allowed to list amounts of trans fat with less than 0.5 gram (1/2 g) as 0 (zero) on the Nutrition Facts panel. As a result, consumers may see a few products that list 0 gram trans fat on the label, while the ingredient list will have ‘shortening’ or ‘partially hydrogenated vegetable oil’ on it. This means the food contains very small amounts (less than 0.5 g) of trans fat per serving.”

This FDA round-off rule applies to both fat and sugar, so if you’re in the food biz, you adjust your serving size down to the point where it has .4999 grams of whatever noxious substance you’re trying to conceal and then you print on the label that it’s “THAT ingredient-free.” For instance, Promise No Fat Margarine, circa 2000, says “Fat Free” on the front even though a trip to the ingredient list on the back shows 5 Calories in a “Serving” and all 5 Calories come from fat. Very clever. It’s fat-free even though it’s 100% of Calories from fat!

Have a question? Send an e-mail to “Ask Dr. Bill” at info@VSH.org or call 944-8344.

Healthy school lunch info sought

The Kokua Hawaii Foundation is researching successful school garden and healthy school lunch programs in hopes of developing a model that can be used in the schools of Hawaii. If you have any information or are interested in helping to develop this program, please contact the foundation at info@kokuahawaii.org.

The Kokua Hawaii Foundation is a non-profit organization that supports environmental education in the schools and communities of Hawaii. The mission of the foundation is to provide students with exciting and interactive encounters that will enhance their appreciation for and understanding of their environment so that they will be lifelong stewards of the earth.

Submitted by Marie Le Beouf.

Other than that...

“As environmental science has advanced, it has become apparent that the human appetite for animal flesh is a driving force behind virtually every major category of environmental damage now threatening the human future—deforestation, erosion, fresh water scarcity, air and water pollution, climate change, biodiversity loss, social injustice, the destabilization of communities, and the spread of disease.”

Source: The Editors, “Meat: Now, it’s not personal,” World Watch Magazine, July/August 2004, as quoted in The Way We Eat by Peter Singer and Jim Mason

Prince and Kristen Bell voted “World’s Sexiest Vegetarians”

The results are in, and PETA is pleased to announce that Grammy-winning rock royal Prince and the veggie Venus of Veronica Mars, Kristen Bell, have been selected the 2006 winners of PETA’s



“World’s Sexiest Vegetarians” poll. Red-carpet runners-up were desperately hot housewife Nicollette Sheridan, Brokeback Mountain beauty Anne Hathaway, INXS lead singer J.D. Fortune, and Walk the Line’s dash-

ing “Johnny Cash,” Joaquin Phoenix. Why are so many in Tinseltown shunning meat quicker than you can say “veggie burger?” Celebrities cite many reasons for forgoing flesh,

from avoiding the cruelty that is inherent in all meat production to improving their health and energy levels and helping the environment by not contributing to factory-farm pollution.



Previous “Sexiest Vegetarians” include Carrie Underwood, Chris Martin, Andre 3000, Tobey Maguire, Josh Hartnett, Alicia Silverstone, Lauren Bush, Shania Twain, and Natalie Portman.

More than 40,000 people cast their votes in this year’s “World’s Sexiest Vegetarians” poll on PETA’s Web site GoVeg.com.

Hot off the presses

The Way We Eat : Why Our Food Choices Matter

by Peter Singer and Jim Mason

Hardcover: 288 pages
Publisher: Rodale Books
(May 2, 2006)
ISBN: 157954889X

Publisher description:

A thought-provoking look at how what we eat profoundly affects all living things—and how we can make more ethical food choices.

Five Principles for Making Conscientious Food Choices

1. Transparency: We have the right to know how our food is produced.
2. Fairness: Producing food should not impose costs on others.
3. Humanity: Inflicting unnecessary

4. Social Responsibility: Workers are entitled to decent wages and working conditions.
5. Needs: Health takes precedence over any other motive.

Peter Singer, the groundbreaking ethicist who “may be the most controversial philosopher alive” (The New Yorker), now sets his critical sights on the food we buy and eat: where it comes from, how it’s produced, and whether it was raised humanely. Teaming up once again with attorney Jim Mason, his coauthor of the acclaimed *Animal Factories*, Singer explores the impact our food choices have on humans, animals, and the environment.

In *The Way We Eat* Singer and Mason examine the eating habits of three American families with very different diets. They track down the sources of each family’s food to probe the ethical issues involved in its production and marketing. What kinds of meat are most humane to eat? Is organic always better? Wild fish or farmed? Recognizing that not all of us will become vegetarians, Singer and Mason offer ways to make the best food choices.

You may purchase this book for \$16.95 through the VSH.org website. Click on the book title under “Booklist” and you will be redirected to Amazon.com. If you buy the book in this way, VSH will receive a 5% commission.

Peter Singer, author of Animal Liberation, Practical Ethics, and many other books and publications, was named last year by Time magazine as one of the 100 Most Influential People. A professor of bioethics at Princeton University, he was the VSH meeting speaker on Maui and Oahu in September 2001.

Bird Flu: A Virus of Our Own Hatching

by Michael Greger, M.D.

Hardcover: 350 pages
Lantern Books
ISBN: 1590560981
Available September 2006

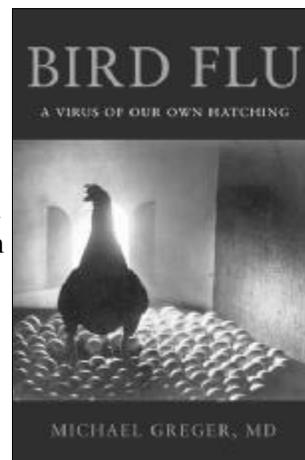
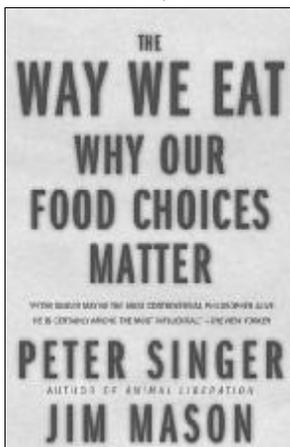
Publisher description:

From age-old scourges such as smallpox and tuberculosis to emerging threats like AIDS and SARS, our interactions with animals have played a pivotal role in human disease. Bird flu is the latest such menace coming home to roost.

Leading public health authorities now predict as inevitable a pandemic of influenza, triggered by bird flu and expected to lead to millions of deaths around the globe.

The influenza virus has existed for millions of years as an innocuous intestinal virus of wild ducks. What turned a harmless waterborne duck virus into a human mass murderer? In *Bird Flu*, Dr. Michael Greger traces the human role in the evolution of this virus, whose origin belies its transformation into a killer mutant strain that could become as ferocious as Ebola and as contagious as the common cold. In the face of the coming pandemic, Dr. Greger reveals what we can do to protect our families and what human society

(Continued on next page)



Subscribe to the VSH E-mail News Group

You'll receive three or four messages a month — meeting reminders, the “Vegetarian” TV schedule, and notices of special events. To subscribe, send a message to:

VSH-News-Group-Subscribe
@yahoo.groups.com.

(Continued from page 14)

can do to reduce the likelihood of such catastrophes in the future.

“Michael Greger’s work is imbued with deep commitment, discerning intelligence, and life-affirming compassion. His work is a gift to our times.”
—John Robbins, author of *Diet for a New America*

Amid the growing panic surrounding this issue Dr. Greger takes a sobering look at a deadly cycle and offers a solution to ending it.

Michael Greger, M.D., is a general practitioner, a founding member of the American College of Lifestyle Medicine, and an internationally recognized lecturer on nutrition and food safety issues. He was an expert witness in defense of Oprah Winfrey at the infamous “meat defamation” trial. He will be the VSH meeting speaker in December.

Chew On This: Everything You Don't Want to Know About Fast Food

by Eric Schlosser and
Charles Wilson

Hardcover; 270 pages
Houghton Mifflin (May 2006)
ISBN-10: 0618710310
Age Range: Young Adult (12+)

Publisher description:

Kids love fast food. And the fast food industry definitely loves kids. It couldn't survive without them. Did you know that the biggest toy company in the world is McDonald's? It's true. In fact, one out of every three

toys given to a child in the United States each year is from a fast food restaurant.

Not only has fast food reached into the toy industry, it's moving into our schools. One out of every five public schools in the United States now serves brand name fast food. But do kids know what they're eating? Where do fast food hamburgers come from? And what makes those fries taste so good?

When Eric Schlosser's best-selling book, *Fast Food Nation*, was published for adults in 2001, many called for his groundbreaking insight to be shared with young people. Now Schlosser, along with co-writer Charles Wilson, has investigated the subject further, uncovering facts children need to know.

In *Chew On This*, they share with kids the fascinating and sometimes frightening truth about what lurks between those sesame seed buns, what a chicken 'nugget' really is, and how the fast food industry has been feeding off children for generations.

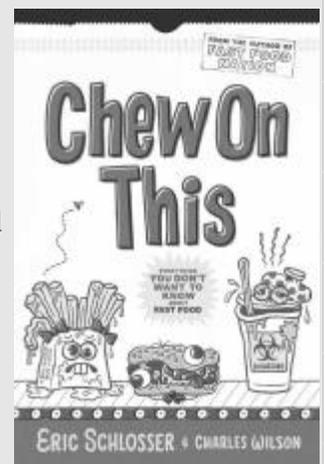


Buying books via VSH.org supports the Society

You can help raise cash for VSH just by buying your books through the VSH.org website. And it's easy. Click a title on the "Booklist" and you will be transported to Amazon.com where a purchase will generate a commission for VSH. So, buy some books, be more informed, and support VSH.

You want fries with that?

- A single fast-food hamburger may contain meat from hundreds, even thousands, of different cattle.
- Each can of soda contains more than ten teaspoons of sugar.
- A single animal infected with E. Coli 0157: H7 can contaminate 32,000 pounds of ground beef.
- Chickens in slaughterhouses are sometimes killed by being thrown against walls or stomped on.
- Leftover waste from a cattle slaughterhouse is sometimes added to chicken feed.
- Leftover waste from a chicken slaughterhouse is sometimes added to chicken feed, turning the doomed birds into cannibals.



From *Chew on This* by Eric Schlosser and Charles Wilson

Vegan-Organic Gardening

by M. Butterflies Katz

I've learned that many organic gardeners regularly use blood and bone fertilizer. I question what to purchase: food grown with chemicals that damage the soil's fertility and our health or food grown in blood and bone, the by-product of animal exploitation. My solution to this problem was to grow my own food vegan-organically. The "veganic" gardening system avoids chemicals as well as livestock manure and animal remains from slaughterhouses. It maintains fertility of the soil by means of vegetable compost, crop rotation, mulching, etc. Soil conditioners/fertilizers that vegans can use, include:

- 1) Lime: provides calcium and magnesium. Reducing the acidity of the soil is the primary purpose for using lime in the garden.
- 2) Gypsum (hydrated calcium sulfate): used where more calcium is needed without raising the pH.
- 3) Dolomite: a finely ground rock dust; preferred source of calcium and magnesium.
- 4) Rock Phosphate: used for its phosphorus content. Phosphorus is an essential element for plant and animal nutrition. It is mined as phosphate rock, which formed in oceans in the form of calcium phosphate called phosphorite.
- 5) Rock Dusts: slowly released into the soil and used to re-mineralize soil depleted by industrial and agricultural practices; can be applied directly to the soil with other fertilizers or added to compost. These products have a stimulating effect on microbial activity.
- 6) Rock Potash, potassium, or wood ash: an essential plant nutrient that enhances flower and fruit production; used when soil is prepared before



planting.

7) Hay Mulches: a thick layer of hay feeds the soil with organic matter, suppresses weeds, and encourages more worms to live in the soil.

8) Composted Organic Matter: consists of fruit and vegetable rinds, leaves, and grass clippings. A compost pile consists of food waste covered by coarse material such as leaves or hay. Create layers of food material alternated with covering material to allow aeration. When a bin is full, the pile is flipped and covered by black plastic or a weed mat to protect it from rainfall and to create heat. It can be flipped again after a period of time. Cover again and within a couple of months nature's master recycling plan will have taken its course and you will have vitamin-rich soil.

9) Green Manure or Nitrogen-Fixing Crops: a cover crop of plants tilled into the soil. Fast-growing plants such as wheat, oats, rye, vetch, or clover can be grown as cover between garden crops and then tilled into the garden as it is prepared for the next planting. Green manure crops absorb and use nutrients from the soil that might otherwise be lost through leaching and return these nutrients to the soil when it is tilled. The root system of cover crops improves soil structure and helps prevent erosion. Nitrogen-fixing crops such as peas, fava beans, and crimson clover add nitrogen. They also reduce weed growth in the fall and winter.

10) Seaweed (fresh, liquid, or meal): used for trace elements. Some veganic gardeners use bulk spirulina or kelp meal for potash and trace minerals.

11) Neem: has been in use for centuries in Indian agriculture as the best natural pesticide and organic fertilizer with pest repellent properties and insect sterilization properties.

12) Green Sand: used as a soil amendment and fertilizer; mined from deposits of minerals originally part of the ocean floor; a natural source of potash, iron, magnesium, silica, and trace min-

erals; also used to loosen heavy clay soils. It has the consistency of sand but ten times the moisture absorption.

13) EM Bokashi: Effective Microorganisms consist of mixed cultures of beneficial naturally occurring microorganisms. Bokashi means "fermented organic matter;" a bran-based material that has been fermented with EM liquid concentrate and dried for storage; a pleasant smelling product added to the compost to aid in the fermentation of the organic matter.

14) "No Till Method:" rhymes with No Kill; a practice that does not till the earth and kill; more gentle from a vegan standpoint.

15) Vermiculture, Vermicastings, or Worm Castings: Worm castings are a rich, all-natural source of organic matter with lots of nutrients and moisture-holding capabilities known to have an extraordinary effect on plant life. They improve soil structure and increase fertility. Composting worms love cool, damp, dark environments (under a black weed mat or a thick layer of hay mulch) and will breed optimally in these conditions. Worm castings are an excellent fertilizer.

16) Alfalfa meal, Flax Seed Meal, Cottonseed Meal, and Soya Meal: sources of nitrogen.

17) Epsom Salts: an excellent source of magnesium.

Growing veganically also increases the chances of eliminating transmittable diseases and bacteria. Growing veganically is a healthier and more compassionate alternative to chemical or even organic agriculture. I never realized how fulfilling it would be to work hand in hand with nature and witness this miracle of life—growing your own produce by means of the vegan-organic method.

M. Butterflies Katz is a full time member volunteer for Gentle World, a non-profit educational organization and vegan community located on the Big Island. She is co-author of Incredibly Delicious; Recipes for a New Paradigm. gentleworld.org

Vegan lifestyle holds many benefits

by Alyssa Tsuchiya

There's deforestation across the globe, starving kids in Africa, and ten billion farm animals in the U.S. dying every year for human consumption. Pollution is making its way into our drinking water and natural resources are rapidly depleting, while heart disease and obesity are more common than ABC stores in Waikiki. The answer to all of these problems? Veganism.

Veganism (vee-gun-ism) is a lifestyle that completely refrains from the use of animals (as food, for product testing, entertainment, clothing, etc.). All animal-derived ingredients are abstained from, such as leather, silk, honey, dairy, lard, and gelatin. And how does this solve the world's problems? Simply put, animal products aren't practical. Compared to a plant-based lifestyle and diet, the use of animal products requires massive amounts of land, water, and grain, while polluting both the environment and our bodies.

On an ethical level, veganism holds the highest honors. By avoiding meat, vegans stop supporting the perverse food animal industry that kills more than 300 animals every second in the U.S. alone (not counting sea life).

Many people just don't realize the miserable lives of animals raised for consumption. To maximize productivity, the animals are crammed together and are injected with hormones and antibiotics (which, in turn, ends up in the meat that people consume). The slaughtering methods are atrocious, frequently violating animal cruelty laws and the Humane Slaughter Act. "For anyone who has a pet, think about every single cow, every single



Kaiser High student Alyssa Tsuchiya

pig—they all have the same consciousness. They feel pain, they love their children..." said Terry Shintani, M.D., Director of the Hawaii Health Founda-

tion and a nationally renowned nutrition expert. William Harris, M.D., former director of the Kaiser Permanente Vegetarian Lifestyle Clinic in Honolulu, concurs. "Unlike plants, animals have nervous systems analogous to our own. They suffer pain and fear death just as we do, so if we desire a coherent ethical system upon which to base a just society," said Dr. Harris,

"we must extend the same justice we demand for ourselves to the animals."

As the world's intake of animal products has increased, so has air, land, and water pollution. This is due, in large part, to the massive amounts of animal manure, green house gases produced, and runoff from factory farms. Also, as the animals take in large amounts of food (which requires large amounts of land to produce, thus deforestation) and "produce" comparatively small amounts of food, meat production is an incredible waste of resources. If we were to produce food without cycling it through animals, we'd be well on our way to alleviating world hunger.

If you don't want to become vegan for the animals, environment, or the hungry, do it for yourself.

Contrary to popular belief, vegans are able to eat a nutritious diet while avoiding animal products. "You don't need to get it from animal products. People don't need to eat meat" said Dr. Shintani. According to the American Dietician Association (ADA), "A vegetarian, including vegan, diet can meet current recommendations for all of these nutrients—protein, iron, zinc, calcium, Vitamin D, riboflavin, Vita-

min A, n-3 fatty acids, and iodine." However, the ADA does insist that vegans obtain a reliable source of Vitamin B₁₂, which is the only essential nutrient not found naturally in plants. This is easily found in fortified breakfast cereals and soy milk.

Likewise, calcium can be obtained from a plant-based diet instead of dairy. "What animal drinks milk as an adult? Or from another species? From the perspective of nature, it just doesn't make sense," said Dr. Shintani. "King Kamehameha was seven feet tall; do you suppose he had strong bones? How much milk do you think he drank? The answer is zero."

Tasty vegan food is becoming more widely available. Local supermarkets like Safeway and Foodland

If you don't want to become vegan for the animals, environment, or the hungry, do it for yourself.

carry several types of soy and rice milks, tofu, meatless burgers, and other convenient, easily prepared foods.

If you're in the mood to cook, try spaghetti with tomato sauce, a vegetable stir-fry, or a bean burrito.

The Internet is a great resource for vegan information; you can find extensive lists of ingredients to watch out for. Should you discover that your food contains hidden animal products, just run to the nearest supermarket and try another brand that doesn't. Because really, who wants smelly little fish in their dressing anyway?

Remember—you don't have to become vegan overnight. Start with a couple of meatless meals a week and work from there. If you're attached to a certain non-vegan food, give everything up but that food. Any step towards becoming vegan lessens animal suffering.

Alyssa Tsuchiya is a student at Henry J. Kaiser High School. This article first appeared in the March 2006 issue of The Cougar Connection, her school's newsletter.

Dr. Chandler lecture added at Castle MC

In addition to VSH talks on Oahu and Maui, Dr. Paulette Chandler will give a presentation at Castle Medical Center in Kailua.



In her PowerPoint presentation entitled, "Healing Power of Kindness" Dr. Chandler will examine the healing effects of kindness through research on the beneficial impact of animals on human health and the harmful effects of anger, guilt, type A personality, and depression. She'll also review the inhumane treatment of animals and the power of nurturing social networks.



Location

Wellness Center Auditorium
Harry and Jeanette Weinberg Medical Plaza and Wellness Center
(building to the left of the main Castle Medical Center)
Kailua

Date and Time

Thursday, August 17, 7-8:30 p.m.

Cost: Free

Call 263-5400 to register (required).

Unless someone like you cares a whole lot, nothing is going to get better, it's not.



—Dr. Seuss, *The Lorax*

Food giant enters game

by William Harris, M.D.

Founded in Hawaii in 1851, Dole Food Company, Inc., formerly known mostly for its pineapples, has become a major player in the 5-A-Day Coalition and the Produce for Better Health Foundation, a consortium of what appears to be hundreds of commercial enterprises mostly involved in the growing and marketing of fruits and vegetables.



Now Dole is building a wellness center, spa, and hotel next to its world headquarters in Westlake Village, California, about 25 miles Northwest of Los Angeles. By no means vegetarian and not organic, most of the online information nevertheless centers on the nutritional and phytonutrient properties of plant foods and, if the occasional fish or turkey sneaks into a recipe, one has the feeling that it's there as a compromise with reality.

Some of the informative websites are listed below:

- Produce for Better Health Foundation:
<http://www.pbhfoundation.org/>
- The upcoming Dole Spa:
http://www.dolenutrition.com/spa_foods.aspx
- Interesting vegetable based beauty facials:
<http://www.dolenutrition.com/DoleSpa.aspx>
- Lean on Green article:
<http://www.dolenutrition.com/articleDetails.aspx?RecId=825>

On
TV...



"Vegetarian"

Oceanic Cable Channel 52
Thursdays: 6-7 p.m.

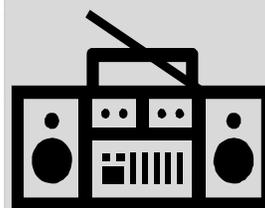
View recent VSH lectures.
See VSH.org for program schedules for all four major islands.

"Tasty & Meatless"

Oceanic Cable Channel 16
Sat. 9 a.m., 6:30 p.m.
Sun. 11:30 a.m.
Mon. 10 a.m.
Tues. 8 a.m.
Wed. 11:30 a.m.
Thurs. 2:30 p.m.

"McDougall, M.D."

Tuesdays 8:30-9 a.m.
Oceanic Cable Channel 26



...and
Radio

"Nutrition & You"

Ruth Heidrich, Ph.D.
Terry Shintani, M.D.
John Westerdahl, Ph.D.
Sundays: 8-9 p.m.
K108 — AM 1080
Call-in line: 524-1080

"Health Talk"

Hosted by Hesh
Saturdays: 8-9 a.m.
K108 — AM 1080
Call-in line: 524-1080

Report From Kauai

by William Harris, M.D.

My presentation, "Ask Dr. Bill," given on Kauai on March 12th in the Kapaa Seventh Day Adventist Church was successful thanks to the public relations efforts of VSH vice president Jim Brown and Mark Reinfeld of the Blossoming Lotus



vegan restaurant in Kapaa and the cordial help of Dennis Miller, pastor of the church. This marked the first time a VSH speaker has been heard on Kauai, so I was a bit surprised that we got an attentive audience of approximately 50 people, with some standing outside the doors in a light drizzle that was followed two days later by the biblical flood that busted

the dams.

A further surprise was the Blossoming Lotus, where we were treated to dinner after the lecture by Mark and Jennifer. It's an upscale vegan restaurant with very classy ambience

and menu. Some of the items are not only delicious and vegan, but raw, and right out of their gorgeously illustrated *Vegan World Fusion Cuisine* cookbook, reviewed in VSH 17#1 and available online at <http://www.blossominglotus.com>.

com/about_kauai.htm. According to Mark, "Vegan world fusion cuisine combines aspects of different ethnic cuisine in the same dish to celebrate both the diversity and the underlying unity of our humanity."

Our favorite was the Dream Weaver Fruit Pie, a raw dessert of Kiwi fruit and berries, with a crust made of dates and pecans. A more

substantial raw meal was Izzi's Live Lasagna made from cashews, chard, Portobello mushrooms, and zucchini that turns out to be nutritionally complete, according to Nutritionist IV.

Gray scale pictures of these Epicurean delights not only fail to capture the flavors but the *haute cuisine* presentations, so if you're really hungry you'll either have to go to Kauai or hope that World Fusion's plans to put a branch on Oahu go through.

On July 12th VSH will host a cooking demo (see Calendar of Events on page 10) by Mark and Jennifer. Don't miss it. And if you go over to Kauai, don't miss the Lotus, either. World Fusion appears to be a dozen seriously dedicated and heads up young vegans with restaurants in Portland, Oregon and Kapaa, a great website, and some very creative chefs. VSH welcomes them all and hopes that our paths will run close and parallel.

"Vegetarian" broadcast on four islands

The "Vegetarian" TV series is aired on all four main Hawaiian islands. More than 400,000 Hawaii cable TV subscribers may view lectures given by the guest speakers at the monthly VSH meetings. Show times follow and programming schedules are available on the VSH.org website and by e-mail. To subscribe, send a message to: VSH-News-Group-Subscribe@yahoo.groups.com.

Set your VCR to record each week's show. Keep the ones you like and tape over the others.



Oahu—Oceanic Cable Ch. 52
Thurs. 6-7 p.m.

Maui—Calabash Cable Ch. 52
Tues. 8-9 p.m.
Weds. 6:30-7:30 a.m.

Big Island—Na Leo 'O Hawaii
Cable Ch. 54, Sat. 2-3 p.m.

Kauai—Hoike Cable Ch. 52
Mons. 7-8 p.m.

Happy Veggie Birthday!

Pamela Anderson — July 1, 1967
Woody Harrelson—July 23, 1961
Ed Templeton—July 28, 1972

David Duchovny—Aug. 7, 1960
Dustin Hoffman—Aug. 8, 1937
Belinda Carlisle — Aug. 17, 1958
Richard Gere—Aug. 31, 1949

Moby—Sept. 11, 1965
Gwyneth Paltrow—Sept. 28, 1972



Pam Anderson

THE HAPPIEST MEAL IS A GREEN MEAL

**Make environmental and
compassionate choices
EVERY DAY...**

FOR THE ENVIRONMENT

According to the Audubon Society, almost 1/2 of water consumed in the U.S. is used for livestock.

Cows alone account for 15 to 20% of methane — a primary “greenhouse gas” — released into the atmosphere.

Today 69% of U.S. waterways are contaminated with agricultural pollutants, and the Environmental Protection Agency says that animal waste from factory farming pollutes American waterways more than all other industrial sources combined.

FOR THE ANIMALS

Every year, over nine billion farm animals are raised, transported and slaughtered for food in the United States.

Today, more than 90% of egg-laying hens in the U.S. are confined for their entire lives to cages so small the birds can't spread their wings.

More than 2/3 of sows in the U.S. are confined for most of their lives to metal crates that prevent them from even turning around.

Cattle are fattened in feedlots, virtual cattle cities, where up to 100,000 animals are crowded into pens, breathing in noxious fumes and standing or lying in waste.

The terms “free-range” and “grass-fed” currently have no regulatory definition or enforcement by the USDA.



**... don't buy factory farmed
products and don't assume
free-range is humane**

VegHawaii.org

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